

Abstract of the Disclosure

A hand and foot lever-arm rowing type exercise device is mounted in the leg
5 space under a desk or cubicle work surface. A resistance device such as a spring,
rubberized cord, air cylinder, attaches between the pivotally attached adjustable lever
arms and the desk. Hand grips twist and have tension arms for gripping exercises as well
as moving the lever arm for full arm exercises. Foot straps on a foot board and bicycle
pedals enable leg exercises.